

# Calcium Worksheet

Number the following foods from 1 to 10, placing the number “1” next to the food that you believe contains the **least** amount of calcium and the number “10” next to the food that contains the **most** calcium.

*For example, if you think lasagna contains the least amount of calcium, write “1” next to it; if you think lasagna contains the most amount of calcium, write “10” next to it. Rank the other foods accordingly.*

\_\_\_ 1-ounce cheddar cheese

\_\_\_ 8-ounce slice vegetable lasagna

\_\_\_ ½ cup cooked broccoli

\_\_\_ 3 ounces sardines with bones

\_\_\_ 1-cup milk

\_\_\_ 6 ounces calcium-fortified orange juice

\_\_\_ 1-ounce cream cheese

\_\_\_ ½ cup cottage cheese

\_\_\_ 1 hard boiled egg

\_\_\_ 1-cup fruit yogurt

